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ABSTRACT

Guidelines for parents who are preparing their child for his or her first day at school are provided. Contents concern what needs to be brought to registration, basic skills the child should have mastered before entering school, the need to familiarize the child with the school and the school grounds, and things parents should know about their child's school. The school's part in the family-school relationship is described in sections concerning learning activities, the health and safety of children at school, and reports to parents from the school. (RH)

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A Big Day Is Coming!

It's a big day for all of us, and we at the school want it to be the first of many productive, rewarding, and worthwhile school days.

Every child is unique, and we will do everything we can to see that your child gets the type of education that is right for him or her.

We look forward to working with you. We hope this booklet will help get our partnership off to a good start!

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YOU CAN HELP
make the first days go smoothly by doing a few things to prepare your child—and yourself.

To register your child for school, you need to bring:

- a birth certificate or acceptable proof of age
- your child's immunization record
- completed medical examination forms.

Any questions? Need some help?

Please call us at the school.

We're here to offer assistance in any way we can.

About Immunizations.

In recent years, some children have not received the proper immunizations. As a result, diseases we had all nearly forgotten have been appearing again. Please be sure your child's immunizations are up to date. In most states, they are required for entry into school.

Here is a schedule for immunizations recommended by the Academy of Pediatrics, and a place to note your own child's record:

By this age:	Your child should have received:	Your Child's Record
2 months old	1 DPT immunization	_____
	1 polio immunization	_____
4 months old	2 DPT immunizations	_____
	2 polio immunizations	_____
6 months old	3 DPT immunizations	_____
	2 polio immunizations*	_____
15 months old	3 DPT immunizations	_____
	2 polio immunizations*	_____
	1 measles immunization**	_____
	1 rubella immunization**	_____
	1 mumps immunization**	_____
18 months and older	4 DPT immunizations	_____
	3 polio immunizations* (If your child has not already received measles, rubella, and mumps immunizations, they are needed.)	_____
4 to 6 years (before starting to school)	A DPT booster (the 5th immunization)*	_____
	A polio booster (the 4th immuniaation)* (If your child has not already received measles, rubella, and mumps immunizations, they are needed.)	_____

Some doctors give one additional dose when the child is 6 months old.

***Only one shot is needed. Some doctors combine these vaccines in a single injection (MMR).*

Check with us or your doctor if you have any questions about your child's immunizations or local requirements.

Your child will feel more comfortable in school if he/she can take care of basic personal needs.

For example:

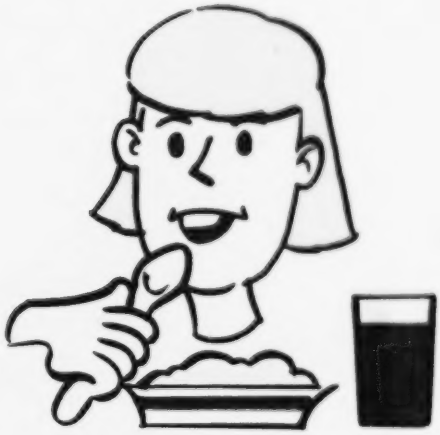
Tying shoes, putting on and taking off outer clothes without help.
CHARLIE SMITH
CHARLES AND MARY S
201 ELM S
ARLINGTON VA
(703) 201-6203
Keeping track of personal property. (Please put name on your child's belongings.)
CHA
SM

Remember, if your child can master these before starting school, we can all concentrate more fully on the most important thing we do—seeing that your child gets the best possible education!

Help your child get off to a good start.

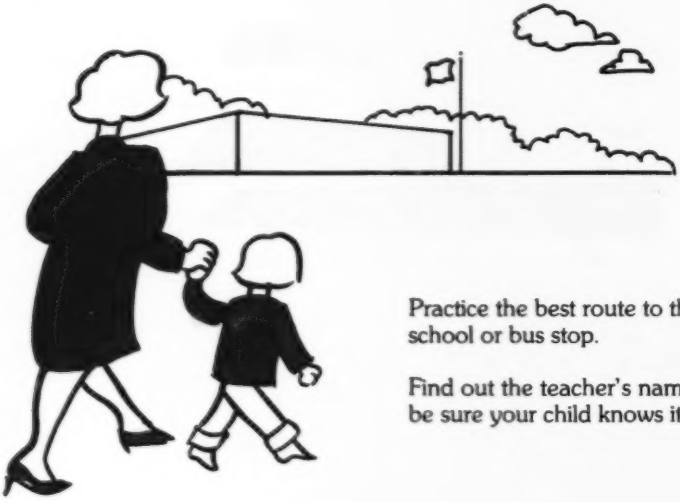
Your child should—

- Get plenty of sleep. Ten to twelve hours is recommended for children this age.
- Have a good, healthy diet, including a good breakfast.
- Get up in plenty of time for school, so he/she does not have to hurry and is wide awake when school starts.
- Wear neat, clean, comfortable clothes.
- Get to school at the proper time—not too early (before there is adequate supervision), not too late.



That First Day Will Be a C

A "dress rehearsal" can make a big difference. Your child will feel more comfortable if he/she knows what to expect.



Practice the best route to the school or bus stop.

Find out the teacher's name and be sure your child knows it, too.

If possible, visit the school building with your child before the first day.

Show your child the school grounds so they are familiar when your child starts school.

heerful, Happy Experience!

Help your child look forward to school. Talk about it in a friendly way so your child will think of it as a happy place. Discuss school activities, school friends, new experiences, and new things to learn.

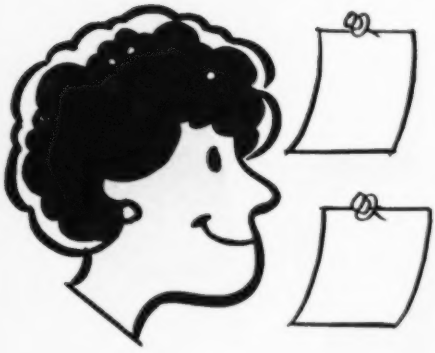
If your child expresses doubts or fears, don't pass them off. Try to answer all the questions in a positive, reassuring way and let your child know that there will be friendly people to help on those first uncertain days.

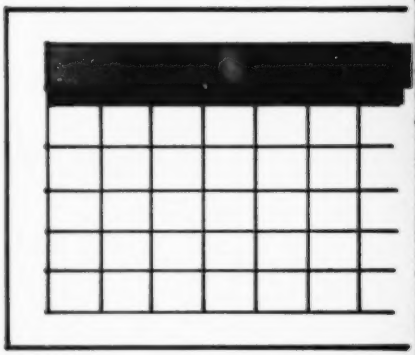
Remember—
Your own reactions and attitudes will go a long way toward determining how your child feels about school.

You can prepare yourself, too!

Here are some suggestions—

- Learn the names of all teachers who will be working with your child.
- Learn the school rules regarding clothing, money, supplies, and the like.
- Know the school calendar—which days your child will be in or out of school.
- Learn the school and bus schedule in advance, so that everything will go smoothly that first day.





We are looking forward to working with your child—and with you. We can all contribute to this most important endeavor!

WE'LL DO OUR PART
to give your child the best education possible.

Your child will be learning to—

- work alone and with others
- share and take turns
- explore and expand abilities and interests
- express thoughts and ideas
- listen to others.

There will be activities designed to—

- build self-confidence
- develop vocabulary
- show differences in sound, size, shape and color
- increase interest in books, numbers, people
- improve coordination
- introduce new ideas . . .

. . . and much more!

We're Committed to Safety

Your child should know these basic safety rules:

- Cross streets only at crosswalks.
- Walk on sidewalks wherever possible; walk facing traffic where there are no sidewalks.
- Don't accept rides with—or even talk to—strangers.
- Go directly home after school.
- Behave properly on the school bus. Learn the rules for school bus riders.

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and Health of Your Child.

If your child is ill . . .

. . . keep the child home from school. Be alert to such symptoms as upset stomach, runny nose, fever, or sore throat. Check with your doctor for diagnosis, treatment, and the proper time for returning to school. Please send a note when your child returns explaining the reason for the absence.

If your child becomes ill at school . . .

. . . your child should tell the teacher, who may send the child to the school nurse. We'll call you if there is an illness or injury that requires treatment or if we feel your child should go home.

We'll keep you informed.

From now . . . to that first
big day . . . to the time
your child leaves this
school . . .

We'll have written reports, parent/teacher conferences, meetings—whatever is necessary to keep you aware of how your child is doing at school.

If you have any questions or concerns, of if you want to discuss something in detail, feel free to call the school or come in personally.

We're here to help!

And That's It!

Working together, we can make school
a great experience for your child.

We're ready,
and can't wait to get started!

NSPRA
National School Public Relations Association
1501 Lee Highway, Suite 201
Arlington, Virginia 22209
(703) 528-5840